

SHOULDER CLOCK JAN 2017

Give the talk about how the spine is a chain full of links each of them like a vertebra. The chain is connected at the bottom to the pelvis at the sacrum, and at the top, to the base of our skull. When you turn your head one way and your pelvis the other, the links twist in opposite directions and there must be a middle place in the chain where one vertebra is going one way and the vertebra below it is turning the other.

1. O.P. Lie on your most comfortable side. (Don't think about what side needs what. Trust your body.) with knees bent and bottom arm under the head **outstretched as straight as comfortably able on the floor with your ear resting on it.** Other arm in front of the body comfortably. Elbow bent up to ceiling/wrist directly beneath. Palm on floor in front of chest. Ceiling shoulder rests directly over the floor shoulder. (Practitioner asks self/field "everyone lying on best side?")

2. Test 1: move the ceiling shoulder straight forward and return back to rest over the floor shoulder. Repeat ST. Notice how separately it moves from the ribs or drags ribs with it and how far forward it goes.

Test 2: Make the ceiling arm a straight stick from the fingers to the shoulder but not rigid, palm on the floor, and at a right angle at the chest. As if you were reaching for a bunch of grapes or a 100 dollar bill, start to extend/lengthen your arm away from your body, **slowly easily**, your palm sliding on the floor until you feel the first little hitch or it takes slight more effort to keep sliding. STOP. Observe how far your arm has extended. Retract your arm back to neutral, returning your ceiling shoulder over the floor shoulder. Repeat to be clear about where the first barrier is ST.

3. Repeat the last move. Notice where the movement starts from. Now lets explore the same movement **with 3 different intentions**:

- a. Imagine I am very small and sitting at your finger tips and pulling your fingertips in a way that your arm gets lengthened. How is that different?
- b. Now imagine I have crawled up your arm and am sitting behind your shoulder pushing your arm to lengthen from there. How is that different?
- c). Now I am pushing from your ceiling side shoulder blade in order to lengthen your arm. How is that different?
- d). Now with both hands on your ceiling side ribs I am rolling you forward from there How is that different?

- e). Now I have moved to behind your ceiling side hip and am rolling you forward. The ceiling side of your pelvis is being rolled forward. Allow your ceiling knee to slide just a little forward over your floor knee, It doesn't drop to the floor in front. This moves the ceiling side of your waist forward which moves the ceiling side of your ribs forward which moves your ceiling shoulder blade forward, which moves your ceiling shoulder forward which lengthens your arm! How is that different?
4. Now **YOU repeat the intention of extending your arm forward, sliding your palm on the floor, sequentially from FIRST rolling your ceiling hip and pelvis forward.** Let the ceiling knee slide over the floor one, then roll your ribs forward, then your shoulder blade, then your shoulder, keeping your arm a straight stick. How far forward does your palm slide on the floor **now**? Return to neutral and repeat ST. Now try it once **starting again from your ceiling hip but roll all the parts forward at the same time.** Do you reach the same distance? Return to neutral and repeat ST. Which way is more pleasing to you?
5. **NOW GLUE YOUR PALM TO THE FLOOR Do not let it slide. Do not allow elbow to bend.** Ceiling shoulder is directly over floor shoulder.
- a. Now **Roll your pelvis, your ceiling hip, forward and back to center with the least effort ST. No work in belly.** Feel the bottom of your spine where it is attached to your pelvis, to the sacrum at the back of your pelvis. Trace it up toward your neck where it is attached to the base of your skull. It is being rotated forward along with your ceiling hip. Can you feel your spine twist like links on a chain as you roll your pelvis forward? Can you feel where the twist is stopped, as it travels up your back, at the place where your shoulder is stabilized and can't move forward because your hand glued to the floor, stopping your ribs from rolling forward? Explore ST.
- b. Now **Roll your pelvis and ceiling hip back and back to center ST.** Can you feel your spine twist backward? Can you feel where the twist stops rolling backward as it travels up your back to the place in your spine where your shoulder is stabilized by the hand glued to the floor stopping your ribs from rolling backward?
- c. Now **Alternate ST**
6. Now **Unglue your hand and reach forward as before, and move the hip back at the same time.** The bottom links on the chain are being rolled forward and the top links on the chain are being rolled backward. Where in the middle of your spine is the twist in 2 different directions happening?

7. a. Now **move your straight stick arm backward and roll your ceiling hip forward ST.**
b. Now **Alternate.**

8. Now let go of all that and again just reach along the floor with your hand **by rolling your pelvis forward.** How does that feel now?

REST on your back. Feel the difference between the R and L sides, in the hips, the shoulders and the legs.

9. O.P. **BUT elbow bent - palm comfortably in front of chest. Glue hand.** Begin to move the ceiling shoulder back and to center ST.
10. Now **Place ceiling hand and arm behind you palm down, and move the fingertips backward away from you** so that all 5 fingers touch the floor, or float above floor if can't touch. Let the shoulder blade and clavicle pull on your head and neck so that the movement is backwards and down toward feet diagonally. Release back to neutral and repeat S.T. How can you release your neck? Roll your head back? Rest on side.
11. Now **Place your ceiling arm over your head (arm against ear), arm out-stretched and palm down on the floor.** Keep arm as straight as possible!
 - a. Slide that hand backwards ST. It is challenging at first. Do little movements and don't strain. Back and to center. At first it's like a stick that is leveraging into your armpit. Most adults will keep the rest of their body frozen. **A child would allow his rib cage to move with his arm backward and his pelvis to move forward, distributing demand and the workload over the whole body instead of limiting the demand to an extreme movement in the shoulder socket.** [A lot of time and hands on here.] **Allow your hand, arm, shoulder, chest to move backward as your pelvis/ceiling hip move forward. NOW REVERSE: arm and rib cage forward as pelvis goes back ST. Then alternate ST. (DEMO?)** Rest on side.
 - b. **Glue hand in the center and move only the top shoulder back and center ST.** Go slowly and small. [for hands on: one on shoulder, one on arm] **This is moving only the shoulder. As if you are opening your armpit to the ceiling**
 - c. Now **Unglue hand and repeat # (a) alternating.** Is it easier, clearer? (more hands on) Rest on side.

12. a. O.P. With the hand comfortably in front of you -push up position- move the ceiling shoulder backward and notice the difference.
b. Then put the hand behind you and slide it away. Is your pelvis somehow starting to participate?
13. REST on back. Scan. Feel whole body. Compare the two sides.
14. O.P. Ceiling arm push up position. Now **Move your ceiling shoulder in the direction of your ceiling ear.** ST.
15. Now **place the ceiling arm over your head on the floor and slide it away from you, upwards, headwards.** What happens to the chest and the rest of the body? Have you kept the rest of you frozen? Are you asking your arm to simply stretch out of its shoulder socket? How can you allow your whole body to assist your hand in moving upwards?
 - a. **At first you might solve this by letting your ribs and your pelvis follow your arm in the up direction.** That's certainly better than keeping them immobile. However, a child would again differentiate between her rib cage and pelvis. **Her ceiling ribs would travel up while her ceiling hip moved down.** Explore this ST. **This asks your ceiling ribs to fan out and expand and lengthen, thus freeing and pushing your shoulder joint and arm to extend upward.** Again, this distributes the workload over the body, spreading the demand over a much larger area and using the skeleton as it is functionally designed.

As your ceiling hip moves down, what does your floor hip do in response?
As your ceiling ribs fan out and lengthen, can you feel your floor ribs contract and shorten?
To make this clearer, don't just return to neutral, but alternate this move by bringing your ceiling ribs and shoulder down toward your waist as you bring your ceiling hip up toward your waist each time. (hands on/demo?)
 - b. **At the farthest reaching point start sliding the hand L&R, like a pendulum, letting the whole body assist by the hip rolling opposite the shoulder.** As you've just learned. Actually, "just remembered." (more hands on)
 - c. **Now return to reaching up with hand and arm and ribs - allowing pelvis to move down.** Easier?
16. **Slowly bring the arm back in front of you into push-up position, and move the shoulder up and down and notice the range of movement.**
 - a. **Lift the head so ear can touch the shoulder** ST.
 - b. **Again move shoulder up and down.** Is there more recruitment of ribs?

REST ON BACK Feel differences side to side.

17. O.P. Place your hand on the ceiling hip and slide it **down** the leg as far as you can comfortably go without strain. That means the shoulder moves down and rotates a bit. What stops you from going lower down your leg? Now put the hand on the floor in front with the fingers pointing down toward the feet and slide the hand down. Feel the upper spine and vertebra between the shoulders. The hand can go nearer the body and touch the knee. How can your hip assist you to reach down further?
18. Now put your hand behind you on the floor and do the same movement. Try it two ways.
 - a. Let the head roll so the nose goes closer to the floor as the hand moves down. Does your pelvis want to roll forward or back? Try both ways.
 - b. Now let your eyes and head and nose roll in the opposite direction (nose up toward the ceiling. Can you reach down further with your pelvis rolling forward or backward? Explore both ways.
19. Start with your hand on the hip again and slide it down your leg using pelvis to the best of its ability. What helps you reach down further? **Explore rolling your nose to the floor while you roll your pelvis backward.** How much farther down your leg do you reach now?

REST ON YOUR BACK. COMPARE SIDES

20. Rest your lower arm on the side of your body with your hand hanging in front of your waist and your elbow hanging in back of your waist so your lower arm is draped across your waist and **slowly** move the shoulder forward, up, back, and **down ST.** **Have all the movement start at the shoulder so that the rest of the arm just gets moved.** **Keep moving in these 4 directions gradually smoothing out the movement until it becomes a small circle.** Slowly increase the speed so that you're making easy larger circles with the shoulder. Can you start to notice that when your shoulder moves up, your pelvis moves down, when your shoulder moves down, your pelvis moves up, when your shoulder moves forward, your pelvis rolls back, and when your shoulder moves back, your pelvis moves forward. This basic relationship will become more clear to you as you do more floor work. But for now just see how much you can sense that as your shoulder moves in a circle in one direction, your hip moves in a circle in the opposite direction. Let it go and reverse the circle. Move your shoulder forward and down and back and up turning into a circle ST.

REST.Compare sides.

21.
 - a. Touch the floor behind you with your hand. Repeat the last move.
 - b. Repeat circles in both directions, with lower arm again draped across your side.
22.
 - a. Put your ceiling hand above your head with the palm up and slide it upwards and back ST. Remember ribs up and pelvis down
 - b. Now move your hand R&L and what can you do with the rest of the body to assist yourself. (Pelvis moves opposite the upper body and shoulder.)
 - c. Now stay in the middle and move the hand up and down and how does the body participate? (Last chance for hands-on.)

REST on back. Compare 2 sides for last time.

Test 1: Side-lying:

- A. Let your arm be comfortably bent in front of you and move your shoulder forward and backward S.T. as you did at the beginning of the lesson. What's your range now? What other parts of your body are recruited?
- B. Make your arm a straight stick forward from your shoulder. Slide (reach) the hand forward and away from you and observe how much of your body participates, and now **how far can you comfortably reach? Does your chest melt more toward the floor? Does your pelvis and low back participate? You are not reaching farther because you stretched someplace. You are reaching farther because every part of you participates and shares the workload.**

Test 2: Lie on your back:

- A. Make the arm you worked on relaxed but straight stick from shoulder to wrist, hand relaxed. **Gently lift that whole arm ONE INCH from floor and drop it back down.** Now, do the same thing with the arm you haven't worked with. Differences?
- B. Now lift **just the shoulder you worked with** - **not the arm** - off the floor and release it back down. Now do the same with the other shoulder. Which feels lighter? More differentiated from your neck and ribs yet connected?

Test 3: Slowly roll to your side and come to sitting and then standing. Does one shoulder hang lower than the other? Lean over gently and let arms hang. Compare length of two arms. (Use mirror or students look at each other or knock knuckles together.) practitioner points out several people with one shoulder visibly lower or one arm visibly longer.

Test 4: Standing. Now lift the arm you've been using toward the ceiling and reach up as grabbing for grapes and look at your hand. Feel the lengthening along that whole side of your body. Then let it down. Do the same with the other and feel the differ-

ence in how much less it can lengthen to reach. Walk around slowly and compare the two sides of the body and your two hips as you weight-bear into each leg. Then return to your place and lie down.

TRANSFER. Do Tests 1 - 4 again. Then walk around slowly feeling your posture and how you walk now.